



CANCER*care*[®]

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MIND-BODY-SPIRIT TECHNIQUES TO MANAGE STRESS

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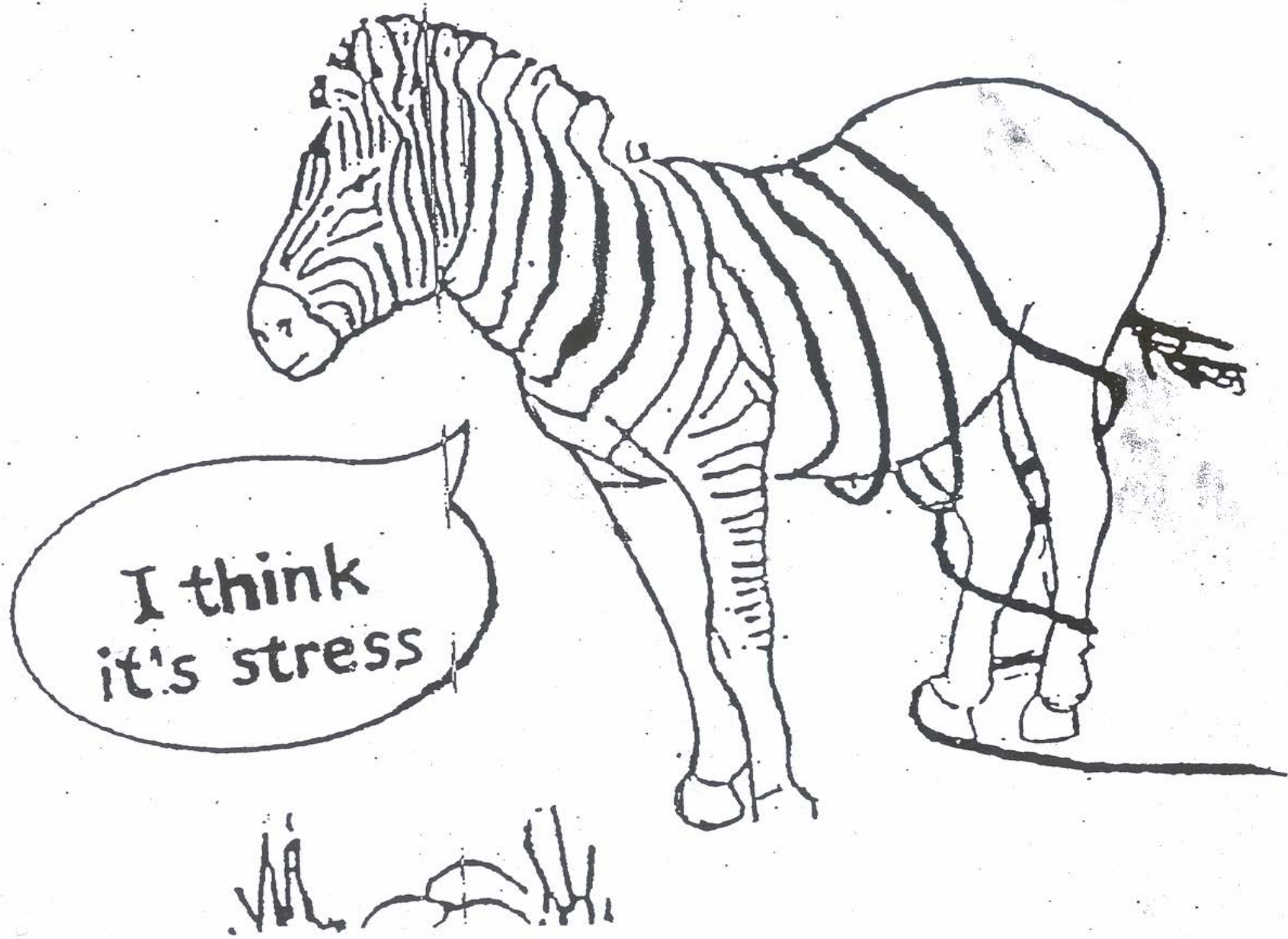
Fanconi Anemia 24th Annual Family Meeting

June 25 – July 1, 2015

WHAT IS STRESS?

A normal physiological response of the body to situations or stimulus which are perceived as 'dangerous' to the body. Stress can affect anyone and everyone at some point of time in their life. When it occurs frequently it affects health - both physical and mental.

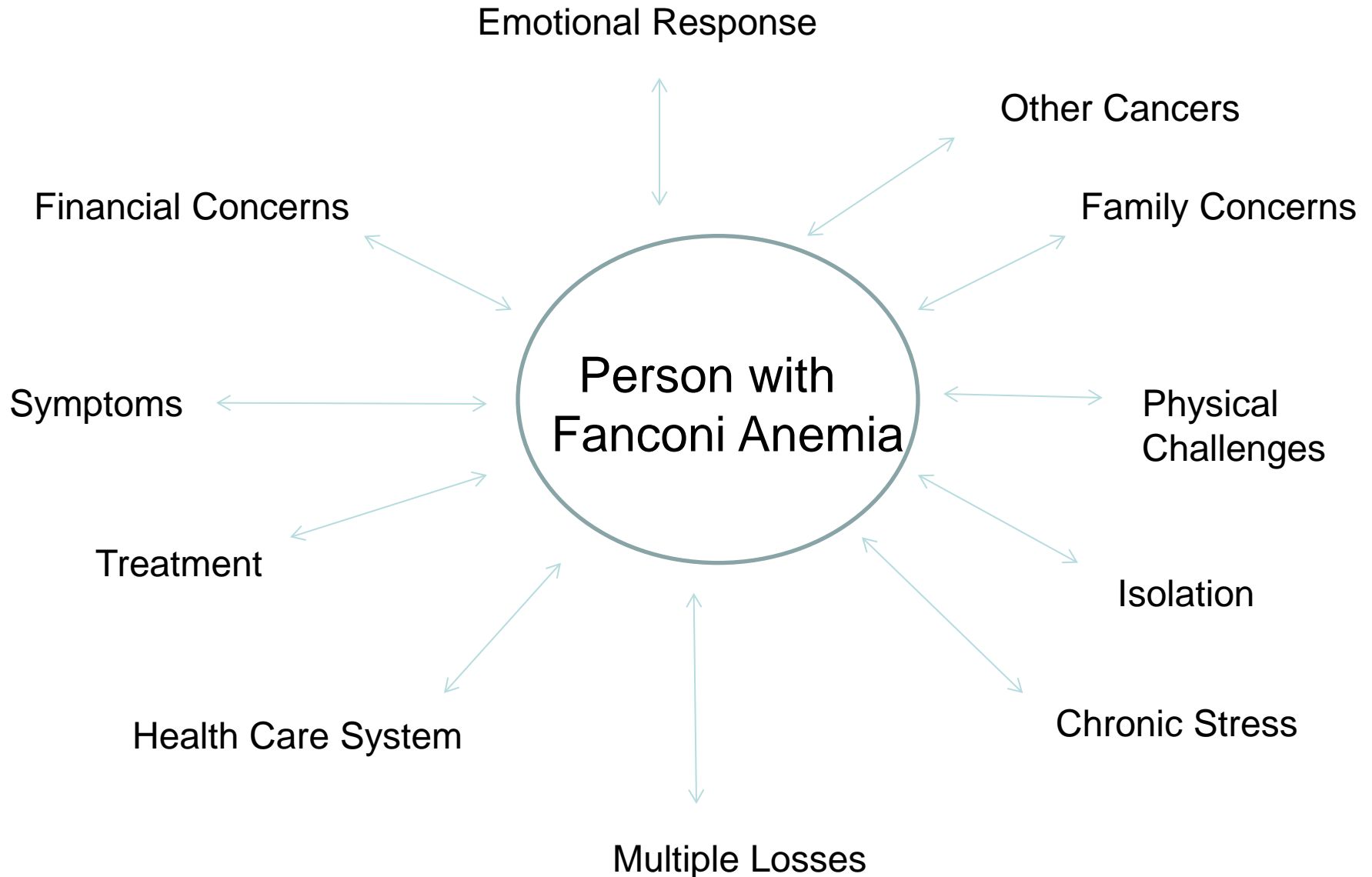
www.stressfocus.com



Recovery and Adaptation

The greatest resource we provide our clients is an understanding of their individual strengths and how to utilize them.

The Impact of Fanconi Anemia



Spirituality

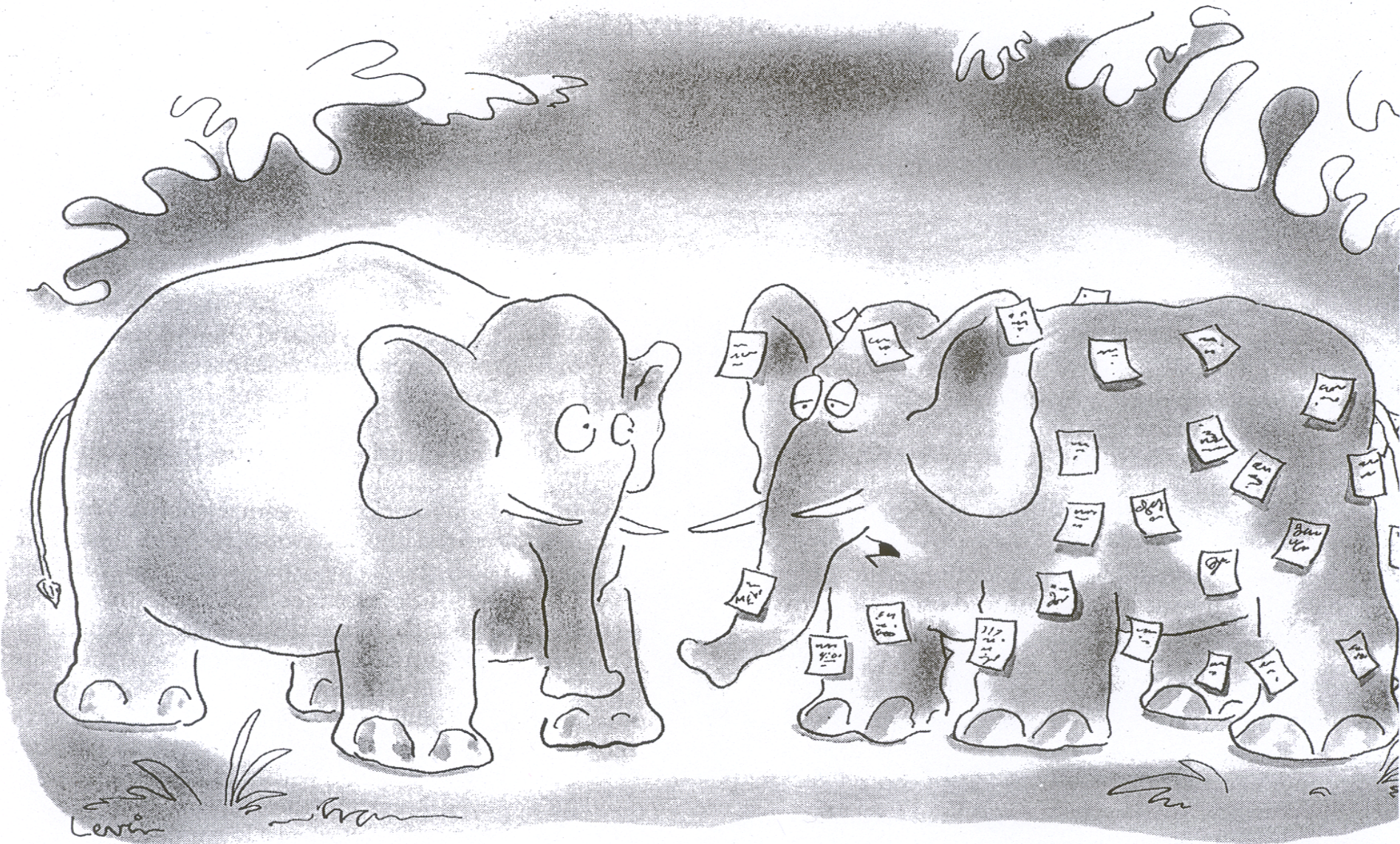
In the mind-body-spirit continuum this sense of connectedness to something greater can ease and alleviate symptoms, so the body responds to the positive input of the mind.

Mayo Clinic

How Have You Coped with Past Crises?

Examples of coping strategies:

- Prayer
- Exercise
- Talking to loved ones
- Healthy eating



"As I get older, I find I rely more and more on these sticky notes to remind me."

Search For Meaning

Human beings' ability to find meaning:

- Working or doing a deed
- Experiencing or encountering someone
- Attitude we take toward unpreventable suffering when it happens

Frankel, V. (1984). Man's search for meaning

Learn New Coping Techniques

- **Breath**
- **Meditation**
- **Imagery**
- **Drumming (Vibration Therapy)**

Integrative Medicine

One of the main philosophies of Integrative Medicine is to encourage the natural healing process of the whole person, addressing physical, emotional, social, and spiritual needs. You take the lead in producing your own healing. We, practitioners of the healing arts, merely show you the way.

Mayo Clinic

Existence and Choice

Choice always exists, even in the bleakest situations

“Grief is a Process, But recovery is a Choice.”

Anonymous

Finding your inner strength when it feels lost

- Don't forget to laugh!

PEACE

Trust

Hope

Balance

Strength



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Help and Hope

1-800-813-HOPE (4673)

www.cancercares.org